

| <b>PLANNED</b> |           | <b>AM</b>  | <b>PM</b>   | <b>Time</b> |
|----------------|-----------|--|---|-------------|
| Day 57         | Monday    | off  |   |             |
| Day 58         | Tuesday   | swim workout level 1 or 2 - your choice<br>run 15-20 minutes easy                                    |   | 1           |
| Day 59         | Wednesday | ride 45 minutes:<br>20 minutes easy<br>20 minutes moderate hard<br>5 minutes easy                    |   | 0.75        |
| Day 60         | Thursday  | run 30 minutes:<br>10 minute easy<br>15 minute moderate hard<br>5 minute easy                        |   | 0.5         |
| Day 61         | Friday    | swim workout level 2 or 3 - choice   | optional strength workout 1 or 2  | 0.5         |
| Day 62         | Saturday  | ride 1 hour easy   |   | 1           |
| Day 63         | Sunday    | ride 30 minutes build into comfortable fast pace<br>run 20 minutes easy/comfortable off the bike     |   | 0.85        |
|                |           |  |   | 4.6         |
| <b>PLANNED</b> |           |  |   |             |
| Day 64         | Monday    | off  |   |             |
| Day 65         | Tuesday   | swim workout level 3 - choice  | run 40 minutes:<br>20 minutes easy<br>15 minutes comfortably fast<br>5 minutes easy | 1.33        |
| Day 66         | Wednesday | ride 50 minutes:<br>25 minutes easy<br>20 minutes moderate hard to hard (Z3 to Z4)<br>5 minutes easy |   | 0.85        |
| Day 67         | Thursday  | run 30 minutes with drills<br>strength workout 3   |   | 1           |
| Day 68         | Friday    | swim workout level 2 or 3 - choice   |   | 0.75        |
| Day 69         | Saturday  | ride 1 hour easy<br>run 15 minutes moderate to moderate hard off the bike                            |   | 1.25        |
| Day 70         | Sunday    | optional open water swim practice  |   |             |
|                |           |  |   | 5.18        |

|                |           |  |   |      |
|----------------|-----------|--|---|------|
| <b>PLANNED</b> |           |  |   |      |
| Day 71         | Monday    |  |   |      |
| Day 72         | Tuesday   | swim workout level 3 - 3B or 3C  | run 30-40 minutes easy/comfortable steady pace  | 1.2  |
| Day 73         | Wednesday | ride 1 hour easy to comfortable steady pace  |   | 1    |
| Day 74         | Thursday  | run 35 minutes:<br>15 minutes easy<br>8 x 1 minute moderate hard / 1 minute easy<br>4 minutes easy                           |   | 0.6  |
| Day 75         | Friday    | swim workout level 2 or 3  | optional strength workout 3   | 0.6  |
| Day 76         | Saturday  | <b>ride 50 minutes easy to moderate hard effort</b><br><b>run 10-15 minutes moderate hard off the bike</b>                   |   | 1    |
| Day 77         | Sunday    | optional open water swim practice  |   |      |
|                |           |  |   | 4.4  |
| <b>PLANNED</b> |           | <b>RACE WEEK</b>   |   |      |
| Day 78         | Monday    | off  |   |      |
| Day 79         | Tuesday   | swim workout level 2 - 2B or 2E  | ride 40 minutes:<br>20 minutes easy<br>10 minutes moderate hard<br>10 minutes easy                    | 1.2  |
| Day 80         | Wednesday | run 30 minutes with 4-5 x 1 minute fast / 1 minute easy in 2nd half  |   |      |
| Day 81         | Thursday  | Swim:<br>200 easy<br>4 x 50 drills on :15 rest<br>100 kick<br>6 x 50 build each one from easy to fast on :15<br>100 cooldown | ride 40 minutes easy, in the 2nd half include 4 x 1 minute hard / 1 minute easy. Good meal afterwards | 1.2  |
| Day 82         | Friday    | run 15 minutes easy and a good stretch   |   | 0.25 |
| Day 83         | Saturday  | off  |   |      |
| Day 84         | Sunday    | <b>Rex Knightdale - warm up 5 minutes easy jog, 2-3 minutes easy swim prior to the start</b>                                 | HAVE FUN!   |      |
|                |           |  |   | 2.65 |